
Power Salad

Description

Chef's Notes: Developed for her cafe patrons looking for vegetarian meal options, Chef Michi prepares this hearty and delicious bowl to keep folks energized throughout their busy days. Best served at room temperature or cold – so prepare the quinoa and barley ahead of time so it's a snap to put together.

Total time: 45 min Yield: 6 servings

Ingredients

5 cup prepared white quinoa
1 cup prepared barley or brown rice
1 cup edamame (cooked, shelled)
1 cup chickpeas (canned, drained)
1 cup pumpkin seeds, walnuts, almonds, pistachios, dried cranberries (mixed)
2/3 cup prepared ranch dressing
3 Tbsp balsamic vinegar
12 cup spinach greens (washed)
watermelon or red radish (sliced thin)

Prep Time: 30 min Cooking Time: 15 min Total Time: 45 min

Instructions

Prepare the quinoa, barley or brown rice and edamame according to package directions.

In a large mixing bowl, toss the quinoa, barley or brown rice, edamame, chickpeas, fruits and nuts until mixed well.

For the dressing stir the ranch dressing and balsamic vinegar in a small bowl.

To serve, plate a bed of spinach and top with a mound of the grain mixture. Drizzle with dressing and garnish with radish slices.

Recipe brought to you by:

Chef Michi Holland